



THE HEALTHY WEIGH

**A GUIDE TO
NUTRITION AND
WEIGHT
MANAGEMENT**

WHY LOSE WEIGHT?

Maintaining a healthy weight through healthful eating and regular exercise will help you look and feel your best.

This will help you lower your risks for getting diabetes, heart disease, cancer, and brittle bones.

HOW TO LOSE WEIGHT

Moderation, variety, and balance are the keys to successful weight loss.

Moderation is eating the right amount of each food.

Variety is eating different foods from the 5 groups of foods from the Food Guide Pyramid.

Balance is the combination of eating the right amounts and types of foods.

You can include your favorite foods in your meal plan by balancing other food choices throughout the day.

Use the Food Guide Pyramid to plan your meals and snacks, the tips for lowering your fat intake, and the exercise tips to help lose weight.

Set realistic weight goals for a gradual weight loss. A good weight loss goal is 1 to 2 pounds a week.

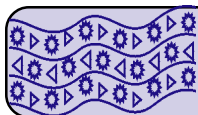


CHOOSE THE LOW FAT WAY TO EAT

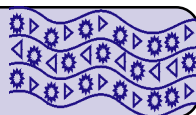
**CHECK 1 to 2 TIPS YOU WILL TRY THIS WEEK.
CIRCLE THOSE YOU ALREADY DO.**

- ☐ Use lean meats and trim the visible fat and skin.
- ☐ Bake, broil, roast, or grill meats instead of frying.
- ☐ Use herbs and spices when cooking vegetables instead of fats.
- ☐ Use only small amounts of margarine, sour cream, or salad dressings and try the low fat versions.
- ☐ Cut back on the amount of fat used in your favorite recipes. You can decrease the amount of fats such as margarine and oils by $\frac{1}{4}$ to $\frac{1}{2}$ in most recipes.
- ☐ Use low fat dairy products like 1% or skim milk, low fat cheeses or yogurts.
- ☐ Choose low fat snacks and desserts like low-fat milk, fruit, and low-fat frozen yogurt instead of rich desserts, chips or candy.





USE THE FOOD GUIDE PYRAMID



Fats, Oils, & Sweets
USE SPARINGLY

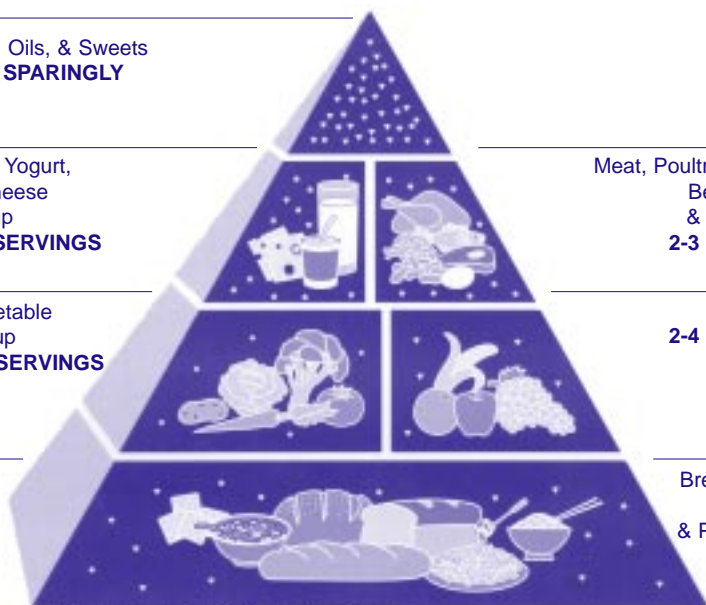
Milk, Yogurt,
& Cheese
Group
2-3 SERVINGS

Meat, Poultry, Fish, Dry
Beans, Eggs,
& Nuts Group
2-3 SERVINGS

Vegetable
Group
3-5 SERVINGS

Fruit Group
2-4 SERVINGS

Bread, Cereal,
Rice,
& Pasta Group
**6-11
SERVINGS**



SOURCE: U.S. Department of Agriculture/U.S. Department of Health and Human Services

Use the Food Guide Pyramid to help you eat better every day...Each of these food groups provides some, but not all, of the nutrients you need. No one food group is more important than another - for good health you need them all. Go easy on fats, oils, and sweets, the foods in the small tip of the Pyramid.



What Counts As A Serving?



Bread, Cereal, Rice, and Pasta Group

- 1 slice bread, roll, biscuit, muffin, or tortilla
- $\frac{1}{2}$ cup cooked cereal, rice, spaghetti, or noodles
- $\frac{3}{4}$ cup ready-to-eat cereal
- 6 small saltine-type crackers

Vegetable Group

- $\frac{1}{2}$ cup chopped raw or cooked vegetables
- 1 cup leafy raw vegetables
- $\frac{3}{4}$ cup of vegetable juice

Fruit Group

- 1 small piece of fruit or melon wedge
- $\frac{3}{4}$ cup of juice
- $\frac{1}{2}$ cup canned, cooked or chopped raw fruit
- $\frac{1}{4}$ cup dried fruit

Milk, Yogurt, and Cheese Group

- 1 cup milk
- 1 $\frac{1}{2}$ to 2 ounces cheese
- 1 cup yogurt
- 2 cups cottage cheese

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group

- 2 to 3 ounces cooked lean meat, poultry, or fish
(this is the size of a deck of cards)
- Count $\frac{1}{2}$ cup cooked beans, or 1 egg, or 2 tablespoons
peanut butter as 1 ounce lean meat

Fats, Oils, and Sweets

Margarine, vegetable oils, mayonnaise, sour cream, cream cheese, salad dressings, cake, candy, pie, etc.

Eat only small amounts of these foods.

EXERCISE TIPS

**CHECK 1 TO 2 TIPS YOU WILL TRY THIS WEEK.
CIRCLE THOSE YOU ALREADY DO.**

- ☐ Make exercise a part of your routine every day. Choose an activity that is fun for you. Try walking, gardening, dancing, riding a bike or swimming.
- ☐ Get together with friends or co-workers and walk in the mall or during your lunch break.
- ☐ Use the stairs at work. When you go to work or the mall, park further away and walk.
- ☐ Take a walk with your children.
- ☐ Set aside a part of each day for exercise. If you cannot do this every day, try to increase your activity level at least 4 times a week.
- ☐ Start slowly (5 to 10 minutes for most people) and gradually increase your exercise to 30 to 45 minutes. If you can't exercise for 30 minutes at a time, exercise 10 to 15 minutes 2 to 3 times a day.
- ☐ Warm-up by stretching at least 5 minutes before exercising. Cool-down for 5 minutes after exercising by slowing down the exercise and stretching. This will help you increase your flexibility and prevent injuries.
- ☐ Your activities at home such as mowing the grass, house cleaning, or working in the garden can count as part of your exercise routine.

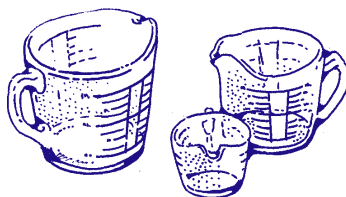


WEIGHT LOSS TIPS

**CHECK 1 TO 2 TIPS YOU WILL TRY THIS WEEK.
CIRCLE THOSE YOU ALREADY DO.**

- ☐ List everything you eat and drink for a week and compare this to the Food Guide Pyramid. Are you eating foods from all of the food groups?

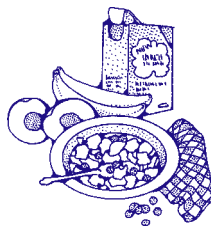
- ☐ Measure foods and beverages that you eat and drink for a week and compare this to the servings listed on the pyramid. Are you eating the recommended servings of food?



- ☐ Plan your meals and snacks for a week.

- ☐ Drink fewer alcoholic and high calorie beverages. Drink 6 to 8 glasses of water everyday.

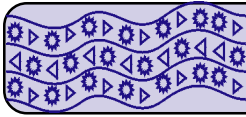
- ☐ Start your day with breakfast.



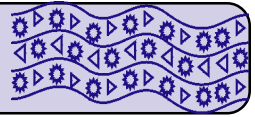
- ☐ Don't skip meals.

- ☐ Keep a record of the type of exercise, how long you exercise, and how many days you exercise a week. Are you active at least 4 times a week?

- ☐ Work on improving areas in your meal plan and exercise routine that you notice need changing.



MY WEIGHT LOSS PLAN



I WILL:

1. _____

2. _____

3. _____

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